



Ysgol Esgob Morgan Church in Wales School

Gyda 'n Gilydd Anelwn Yn Uchel / Together, We Aim High



Friday, 12 April 2024



Dear Parents and Guardians

Welcome back! I hope you all had a lovely Easter break. It was funny hearing all the stories from those who I bumped into over the holidays telling that their children had informed them that Mr Redgrave said it was ok to have chocolate for breakfast on Easter Sunday!

We start our Summer term which, like all the others really, is packed full of activities. I have mentioned, many times, in these opening comments of our newsletter, just how different schools across the UK are following on from the lockdowns. It isn't just an Esgob Morgan problem. So, just as we would help someone who found reading a struggle, or found difficulty in maths, or someone who finds writing a really tough thing to do, we will help those who find positive behaviour a struggle.

Just like anything that needs to be worked on and improved, there are two things that are necessary to make change. Time and Practise.

There are other factors to consider. Mistakes will be made along the way. Trust, support and a buy in to the methods used is also extremely useful. Like any aspect of school life we will continue to do our very best, sometimes with the help of outside agencies, in order to help the young people in our care.

St Asaph, as a community, needs to rally round and take a collective responsibility to help combat some of the anti- social behaviour that is reported to me at the school. As much as I am sympathetic and want to help, there is little I can do if things happen outside of school hours.

We will deal with the things that happen in school and I will help by passing on information to parents when things happen on the way home from school—for example there has been a recent spate of "Knock and Run" and throwing stones at our residents windows. I contacted the parents of those involved on these occasion s just to inform.

If you do see or hear things happening outside of school then please contact the relevant authorities in order to build the biggest picture of the children in our community. It is easy to point fingers and blame but take no action. By only doing this, however, we are not helping those who need our help the most.

We can only do this together. Together, we aim high.

Mr Redgrave

SAVE THE DATE—YEAR 6
July 16th—School Prom. Information to follow!!!!!!!!!!!!!!

Cornel Gymraeg

Croeso nol

Gobeithio cawsoch wyliau llawn hwyl! Rydym yn barod am dymor prysur unwaith eto ond un cyffrous!

Cwestiwn yr Wythnos

Diolch yn fawr iawn am yr atebion yr wythnos diwethaf - yr ateb cywir ydi anghywir. Cofiwch adael eich atebion ar dudalen Facebook neu ar X (Twitter) i'n cwestiwn nesaf!

Pob lwc hefo'r cwestiwn nesaf!

Gweithgaredd

A fedrwch chi fflmio eich hun yn dweud y misoedd y flwyddyn?

Welcome Back

We hope you had a fun filled holiday off school! We are looking forward to the term ahead which will be another busy but exciting one!

Question of the Week

Thanks very much for the answers last week - the correct answer is False. Remember to leave your answers on our Facebook page or X (Twitter) to our next question!

Good luck with the next question!

Activity

Can you record yourself saying the months of the year in Cymraeg?



Sganiwch fi—Scan Me



What colours are seen on the Welsh flag?

Pa liwiau sydd ar ein fflag?

Geiriau'r Wythnos

dawnsio/ dancing

canu/ singing

darllen/ reading

Patrwm iaith yr Wythnos

Beth mae o'n / hi'n wneud?
What is he/ she doing?

Mae o'n ... / Mae hi'n ... He is/
She is

Small Figures

As part of our work in becoming a Trauma Informed School we will need a lot of small world figures.

So, if you are having a clear out of any figures your child (ren) don't play with any more we will gladly take them off your hands. Any figures, superheroes, animals, trolls, gonks (remember them?!) ...literally anything. We would really appreciate them.



Yr	Late this week %	Attendance this term %	Attendance this week %	Attendance Year To date %
3	5.4	92.9	92.9	91.9
4	2.5	93.0	93.0	93.3
5	2.7	95.3	95.3	88.5
6	0.8	94.0	94.0	92.4
Totals	2.9	93.9	93.9	91.5

Attendance & Punctuality

YES!!!!!! After so much hard work and effort Year 5 have had their first week of attendance over 95! Not only have they achieved this but they are the only Year group to have achieved this. Well done and thank you for all your efforts in getting you children into school. In addition to this they have halved their number of Lates too! Da lawn pawb! We are sending texts as routine to try to combat the horrific standard of lates we have in our school.

A reminder, following a lot of absence requests for holidays, that these will be taken on a case by case basis. In almost every case these will be taken as unauthorised. We must remind you also that unauthorised absences over 10 days can result in a Fixed Penalty Notice.

A few more Welfare Checks have been conducted by our Education Social Workers for absences without reason. Again, can we remind you to let us know on the 1st day of absence so we know where all our children are. Many thanks.



PRESENTS

WALES ROCKS

16TH - 18TH APRIL

7:30AM TO 7:30PM (BST)

PLAY IN ANY GAME TYPE!

1HR TIME LIMIT PER PERSON!

WINNING CLASS WILL HAVE THE HIGHEST NUMBER OF CORRECT ANSWERS PER PUPIL!

TTROCKSTARS.COM/ONLINE-EVENTS

Mobile Phones in School

Thank you for your understanding and words of support in our new approach to pupils bringing mobile phones to school.

Primary school children are not emotionally developed enough to be ready for the wide range of social media to which they are exposed. They are putting themselves at risk by some of the things they are posting to each other—however, we totally respect anyone's decision to provide a phone for their children.

As ever, we tried to not make an issue of it, and trust the children to not use them in school—however, that has not been the case. We have had children calling their parents from the toilet, taking photographs in the toilets and sending inappropriate messages to each other as they hide their phones on their person.

We have even had children recording teachers on their smart watches—hence the complete ban on those being worn in school.

This approach safeguards all our learners.

School Meals

Week beginning 15th April is Week 3. Have a look through the week and see what your child (ren) would like to eat for the week and pop their choice on Parent pay.



	Monday	Tuesday	Wednesday	Thursday	Friday
WK 1 Main Meal	Pork Meatballs in a Homemade Mediterranean Sauce with Pasta and Home Baked Garlic Bread	Savoury Welsh Minced Beef Hot Pot with Cheddar Glaze and Country Style Vegetables	Baked Breaded Fish Cake with Creamed Potatoes Baked Beans or Peas	Roast Fillet of Turkey, Savoury Stuffing and Gravy Roast Potatoes and Vegetable Selection	Chicken Fillet with Chipped Potatoes Fresh Mixed Salad and Homemade Coleslaw
Choice	Mediterranean Vegetable Pasta Bake Glazed with a Cheddar Topping	Savoury Quorn Mince, topped with Sauté Potatoes and Cheddar Cheese	Vegetable Bites with Creamed Potatoes and Baked Beans	Baked Quorn Sausage, Savoury Stuffing and Gravy	Quesadilla filled with Cheddar Cheese and Tomatoes
Sweet	Dairy Ice Cream with Fruit Wedges	Rice Krispy Chocolate Bar	Steamed Apple Sponge with Vanilla Custard	Jelly with Fruit	Homemade Granola Style Cereal Bar
WK 2 Main Meal	Baked Breaded Fish Cake with Oven Baked Seasoned Wedges Garden Peas and Sweetcorn	Welsh Beef Bolognese with Pasta Garden Peas and Home Baked Bread	BBQ Chicken with a Sticky Sauce and Savoury Vegetable Rice	Roast Loin of Pork with Traditional Apple Sauce and Gravy, Roast Potatoes and Vegetable Selection	Oven Baked Pork Sausage with Chipped Potatoes and Baked Beans
Choice	Breaded Vegetable Nuggets	Minced Quorn Bolognese	Vegetable Burritos	Savoury Quorn Mince, topped with Potatoes and Vegetable Selection	Oven Baked Quorn Sausage
Sweet	Fruit Wedges with Yoghurt	Chocolate Crunch Cake	Fruit and Oaty Crumble with Vanilla Custard	Hand Baked Shortbread Biscuit	Homemade Chocolate Fudge Coated Cake
WK 3 Main Meal	Ham and Macaroni Cheese Bake with Homemade Herby Tomato Bread	Midday Brunch with Potato Waffle and Baked Beans	Chicken Dish of the World with Boiled Rice or Noodles and Naan Bread Fingers	Roast fillet of Chicken with Herb Stuffing and Gravy, Creamed Potatoes and Vegetable Selection	Breaded Fish Fingers with Chipped Potatoes and Mushy Peas
Choice	Macaroni Cheese Bake	Vegetarian Midday Brunch	Vegetable Dish of the World	Baked Quorn Burger with Herb Stuffing and Gravy	Breaded Vegetable Nuggets
Sweet	Fruit Wedges with Yoghurt	Caramel Cornflake Cake	Homemade Saucy Chocolate Pudding	Cranberry Scrunch Slice with Apple Wedges	Lemon Drizzle and Blueberry Muffin

Fruit Tuck—Get one of your 5 a day for just 20p!
On Sale Every Day

BREAKFAST CLUB—Every Day from 7:50 to 8:45

To help with child care and punctuality we have a Breakfast Club which is only 50p a day. No need to book—just drop your child (ren) off.

Meet the Governors

A new feature where we showcase all our Governing Body. This week we hand over to Mrs Sally Godden—our Chair of Governors pictured here with Lily and Frankie.

Hi! My name is Sally Godden and I have been a Parent Governor at Ysgol Esgob Morgan since 2021. In 2023 I was very honoured to have been put forward and elected as Chair of Governors.

I'm a Registered General Nurse and have worked at Ysbyty Glan Clwyd since I gained my nursing degree in 2009. At present I am a Deputy Theatre Team Leader within the Operating Theatre Department where I have worked for the past 15 years. I love my job; it can be very demanding at times but like teaching...no two days are ever the same.

I have two children at Ysgol Esgob Morgan, one in Year 6 and one in Year 3 and consequently I'm very familiar with the school, it's policies and procedures, the curriculum, and all the staff and pupils.



As a family we love being a part of the school and the wider community in St Asaph. We were especially pleased at how well the school dealt with the covid pandemic, keeping disruptions to a minimum and ensuring that the children had as much normality as possible.

Going forward from this, the work that the school is now doing to help minimise the impact from the pandemic through the use of mindfulness sessions etc is fantastic!

I am a big advocate for the school and I believe in its success and achievements. The staff are amazing and always go above and beyond to make sure all children are happy and reaching their potential best. I like to keep up to date with all school matters and will meet often with Mr Redgrave to address any concerns that arise so as they can be dealt with as soon as possible before they can escalate.

During my days off you may see me on the playground at home time pick up. I'm always available for a chat and to listen to any concerns and/or praises you may have. For any more serious or formal matters I can be contacted via the school office.

Clubs—Starting Monday the 15th April 2024

Monday - Rugby (All year groups—Change of clothes needed)

Tuesday—Quirky Crafts for Years 5 and 6

Wednesday—Esgob's Enterprise group (A new club open for Years 3, 4 and 5—a brand new initiative is going to be launched in Sept 24. We need our Entrepreneurs to help us with this).

Thurs— Cricket (all year groups).

All calendar dates are being finalised and will be on the app soon.

14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

